

Trauma-Informed Care Training

Learning Objectives for the Entire Training:

1. Realize the widespread impact of trauma in our society and identify sources of trauma in our patients with a focus on the obstetric patient and her/his/their family
2. Recognize signs and symptoms of unresolved psychological trauma in patients and providers
3. Utilize skills and demonstrate techniques for engaging with patients to build trust and facilitate culturally sensitive and collaborative care
4. Demonstrate ability to explain risks and benefits to patients ensuring their understanding and validating their perspectives, while discussing alternative approaches to care that are mutually acceptable to all
5. Demonstrate tangible skills to prevent traumatizing and re-traumatizing patients
6. Understand the core principles of Trauma-informed Care

Learning Objectives for each Simulation within the Training:

Simulation 1

1. Recognize the impact of chronic toxic stress on her perspective
2. Understand the relationship between her past birth trauma and the current situation
3. Use skills to open channels of communication to establish a mutually agreeable plan for safety
4. Identify the possible triggers/fears
5. Use skills to validate her current feelings

Simulation 2

1. Recognize that pregnant teens often have a history of trauma
2. Use skills to recognize and manage an acute stress reaction (grounding skills)
3. Understand her difficulty in trusting providers (power differential)
4. Use supportive language to de-escalate the situation and work toward trust and a mutually acceptable plan that maximizes safety and minimizes complications
5. Recognize the various types of triggers that survivors of sexual assault may experience

Simulation 3

1. Recognize the unique pain management needs of women taking MAT (buprenorphine, methadone)
2. Recognize and validate her birth trauma
3. Realize that many women who have SUD also have a history of trauma
4. Appreciate the role of mental health issues (anxiety, PTSD) on the perception of pain
5. Escalate her care to trauma-informed/mental health specialists

Simulation 4

1. Understand the impact of trauma on the lives of the LGBTQIA+ community
2. Demonstrate familiarity with appropriate terminology for these individuals
3. Use communication strategies to build trust and promote collaborative care

Expected Outcomes when Implementing Trauma-Informed Care Principles:

1. Proactively identify opportunities to care for and prevent postpartum psychological and physical complications from occurring and/or resurfacing
2. Establish trust early in pregnancy and promote engagement in prenatal and postnatal care
3. Promote positive birth experiences with the goals of improving maternal-neonatal bonding/breastfeeding (if desired) and healthy postpartum relationships and parenting
4. Decrease ED utilization and encourage more collaborative and opiate-sparing pain management strategies due to early recognition of unique needs, promoting engagement for future preventive care